

Malone College Cheerleading Workout Plan

GENERAL OVERVIEW

This plan is a sport specific conditioning plan designed for the female competitive cheerleader. The purpose is to allow for proper training and fitness levels necessary to perform competitive cheerleading routines while aiding in the prevention of common injuries associated with cheerleading. This plan is based on concepts from "*A Strength and Conditioning Model for a Female Collegiate Cheerleader*" by Goodwin, Adams, and Shelburne of the University of Louisville and collaborated by fitness professionals.

As with ANY fitness plan, athletes SHOULD NOT SMOKE, USE ALCOHOL, OR DRUGS of any kind including stimulants or performance aids. All athletes must have an annual physical and should always check with their doctor before starting ANY fitness regimen.

INTRODUCTION

The plan is broken down into 4 "Phases." They are "Off-Season," "Pre-Season," "Game Season," and "Competition Season." Each phase will have its own objective, goals, and work out plan. Do all strength training slowly and controlled to avoid injury and get the most benefit. **Important Note:** all workouts should be preceded by a light warm-up and stretch. In addition a "flexibility plan" will be introduced at tryouts.

PHASE 1: OFF SEASON (May 1, 2008 – July 1, 2008)

OBJECTIVE: The primary objective is on physical and psychological "rejuvenation" with an emphasis on general conditioning. This phase should allow the athlete to rest overworked muscles, joints, and tendons while also allowing them to maintain their overall fitness level and/or give newer athletes a firm foundation for what lies ahead.

GOALS:

1. Maintain Cardio Fitness by exercising 3-4 times per week.
2. Maintain Core Muscle Fitness by exercising 3 times per week.
3. Rehabilitate existing injuries or weaker injury prone areas (ex. Rotator cuff)
4. Maintain Flexibility by stretching EVERY DAY.

IMPORTANT NOTE: Phase 1 uses exercises that do not require weights however an athlete who is used to these activities may find the moves are not intense enough without some form of resistance. In that case it is recommended the athlete use light to medium weights as long as they can still finish the repetitions required.

SUGGESTED: increase the weight after the first month to increase the challenge.

PHASE 1: "OFF SEASON" WORK OUT PLAN: Cheerleaders should print a copy to keep as part of their personal journal. Use the check sheet to mark off your accomplishments each day and note any questions, suggestions, issues at the end of the week.

MONTHS: MAY 1 - JULY 1 (June 1: try adding weights and/or increasing resistance)

ATHLETES NAME: _____ **BUDDY:** _____ **WEEK OF:** _____

DAY 1

Activity	Repetitions	Sets / Frequency	Set 1	Set 2	Set 3
Cardio: ex. Jog, Run, Elliptical, etc.	30 minutes	3-4x per week	N/A	N/A	N/A
Walking Lunges	20 steps	3x			
Squats	30	3x			
Wall Sits	1 minute	2x			
Handstand Pushups (against wall)	10	3x			
Bicep Curls	10	3x			
Arm Circles (forward and back)	100 each way	1x			
Push Ups	20	3x			
Crunches, bicycles, v-ups, R/L planks	30, 30, 15, 30 seconds	3x			

NOTES _____

DAY 2

Activity	Repetitions	Sets / Frequency	Set 1	Set 2	Set 3
Cardio: ex. Jog, Run, Elliptical, etc.	30 minutes	3-4x per week	N/A	N/A	N/A
Lunges	20 steps	3x			
Calf Raises	50	3x			
Second Position Squats	30	3x			
Tricep Dips	30	3x			
Push Ups	20	3x			
Arm Circles (forward and back)	100 each way	1x			
Superman & Bird Hold & Pulse Hold	Hold 10 sec/pulse 10x	10x			
Crunches, bicycles, v-ups, R/L planks	30, 30, 15, 30 seconds	3x			

NOTES _____

DAY 3

Activity	Repetitions	Sets / Frequency	Set 1	Set 2	Set 3
Cardio: ex. Jog, Run, Elliptical, etc.	30 minutes	3-4x per week	N/A	N/A	N/A
Squats	30	3x			
Second Position Squats	30	3x			
Wall Sits	1 minute	2x			
Arm Circles (forward and back)	100	1x			
Push Ups	20	3x			
Handstand Hold (against wall)	1 minute	2x			
Superman & Bird Hold & Pulse Hold	Hold 10 sec/pulse 10x	10x			
Crunches, bicycles, v-ups, R/L planks	30, 30, 15, 30 seconds	3x			

NOTES _____

GLOSSARY

Arm Circles: Hit a “T” motion and use a very tiny & controlled motion to circle arms forward and back.

Bird Hold: Lie on stomach with arms in a “T” while arching your back. Only hips/lower abs touch the floor. Pulse arms back using very small movements. Works back and rear deltoid muscles.

Calf Raises: Hang heels off a step and slowly lift up and down. Keep ankles in line with knees and hips. Turn toes inward and outward to work a different section of the muscle.

Hollow Hold: Lie on back with arms extended overhead while “hollowing out” your body so abs are tight, feet and hands are not touching the floor. “Rock n Rolls” may be added (stay hollow roll).

Second Position Squats: With feet wider than shoulders and toes facing outward perform a squat.

Sets: The number of times you will perform your assigned repetitions.

Squats: With feet shoulder width apart and toes forward bend pushing hips to the back as if you are sitting in a chair and then come up again squeezing your hamstrings and gluteus muscles.

Superman Hold: Lie on your stomach with arms stretched out in front of you. Only hips stay on the floor. Hold for 10 seconds and then pulse using small movements your arms.

Upright Rows: Grasp bar with shoulder width or slightly narrower overhand grip. Pull bar to neck with elbows leading. Allow wrists to flex as bar rises. Lower and repeat.

Wall Sits: Lean up against a wall and pretend you are sitting in a chair.

Walking Lunges: Start feet together and then take a large step forward with right foot, bend both knees (careful not to let back knee hit floor) and then bring hind leg together with the front leg. Repeat with left.

PHASE 2: "PRE-SEASON" (July 1, 2008 - September 1, 2008)

Phase 2 encompasses many of the same exercises as phase 1 with some simple modifications to make the work out more challenging and to get the athlete ready for the "game season" strength training workout. In other words, phase 2 aids to promote an easier transition to Phase 3. Goals for stretching have been introduced. *As with any workout plan check with your physician before beginning especially if you have an existing injury.*

CARDIO MODIFICATIONS

Athletes will continue to do their cardio workouts 3-4 times a week for 30 minutes. These workouts should help the athlete work towards their "timed mile" run which will take place in September. Cardio workouts should progress to more of an "interval" type of training where the athlete will increase and decrease the intensity during the workout. Here is an example of an "interval" workout using the treadmill. NOTE: be sure to do a brief stretch before your workout and then a longer one after you have completed it.

WEIGHT OR RESISTANCE MODIFICATIONS

In phase 2 you will start adding weights to some of the exercises and you will be introduced to new exercises. Experiment with different types of weights and get your body used to using dumbbells, body bars, or other types of free weights. Start with light weights and then increase to medium or moderately heavy weights at your comfort level. Keep your core tight throughout the exercises and contract your abdominals. This will help you learn to balance and will protect your back when using weights. Keep track of the weights you are using during different exercises b/c this will help you determine an effective starting weight for phase 3.

OPTION: If you do not belong to a gym and do not have weights at home you could always pick up some 2, 5, & 10 pound weights at your local sporting goods store or surplus store (Wal-Mart, Target, Dicks Sporting Goods, etc) or get creative and look around your house for weighted objects!

STRETCHING: Stretch the muscle(s) being worked after each set for about 15 seconds before starting the next set. At the completion of your workout you should do a long, full body stretch.

STRETCHING GOAL: By the end of August flyers should have their heel stretch on both legs and BOTH bases AND flyers should have the splits on both sides. Straddle splits should be progressing during this phase as well.

PHASE 2: Cheerleaders should print a copy to keep as part of their personal journal. Use the check sheet to mark off your accomplishments each day and note any questions, suggestions, issues at the end of the week. Exercises in ALL CAPS are new and require light weights. Exercises in **bold** have been modified to add weights and decrease repetitions.

MONTHS: JULY 1 – SEPTEMBER 1

ATHLETES NAME: _____ **BUDDY:** _____ **WEEK OF:** _____

DAY 1

Activity	Repetitions	Sets/Frequency	Set 1	Set 2	Set 3	Other
Cardio: ex. Jog, Run, Elliptical, etc.	30 minutes	3-4x per week	N/A	N/A	N/A	
Walking Lunges	20 steps	3x				5-10#
Squats	15	3x				5-10#
Wall Sits	30 seconds	2x				10-20#
OVERHEAD PRESS (shoulders)	10	3x				2.5-5#
FRONT RAISES (shoulders)	10	3x				2.5-5#
Arm Circles (forward and back)	50 each way	1x				1-2.5#
Push Ups	20	3x				
Crunches, bicycles, v-ups, R/L planks	30, 30, 15, 30 seconds	3x				

NOTES _____

DAY 2

Activity	Repetitions	Sets/Frequency	Set 1	Set 2	Set 3	Other
Cardio: ex. Jog, Run, Elliptical, etc.	30 minutes	3-4x per week	N/A	N/A	N/A	
Lunges	20 each leg	3x				5-10#
Calf Raises	25	3x				5-10#
Second Position Squats	15	3x				5-10#
Arm Circles (No Weights)	100 each	1x				
Tricep Dips	20	3x				
Push Ups	20	3x				
Superman & Bird Hold & Pulse Hold	Hold 10 sec/pulse 10x	10x				

NOTES _____

DAY 3

Activity	Repetitions	Sets/Frequency	Set 1	Set 2	Set 3	Other
Cardio: ex. Jog, Run, Elliptical, etc.	30 minutes	3-4x per week	N/A	N/A	N/A	
Squats	15	3x				5-10#
Second Position Squats	15	3x				5-10#
Wall Sits	30 seconds	2x				10-20#
Push Ups	20	3x				
Handstand Hold (against wall)	1 minute	2x				
Hollow Hold, Superman & Bird Hold	1 minute each	2x				
OVERHEAD PRESS	10	3x				5-10#
UPRIGHT ROWS (shoulders)	10	3x				2.5-8#

NOTES _____

PHASE 3: "GAME- SEASON" (September 1, 2008 – January 1, 2009)

OBJECTIVE: The primary objective of the "game-season" phase is to "strengthen the foundation" that was established during the "off-season" phase. Athletes will focus on increasing their strength and stamina through cardio and weight training work outs with their team. Cheerleaders will continue their cardio workouts 3-4 times a week either at practices or independently. The mile run will be timed intermittently throughout this phase. Strength training will focus on the major muscle groups used in stunting, jumping, and tumbling. Athletes will continue with their "core" strengthening workouts and focus on areas that need to be rehabilitated or that may be prone to injury. Flexibility exercises will be added as a final component.

GOALS:

1. Increase challenge of your cardio workouts by running timed mile & doing interval training.
2. Gain strength in areas specific to the sport by using medium-heavier weights.
3. Incorporate Plyometric Exercises (November/December)
4. Maintain Core Muscle Fitness by exercising abdominal muscles 3-4 per week.
5. Rehabilitate existing injuries or weaker injury prone areas
6. INCREASE Flexibility by stretching EVERY DAY!

NOTE: by the end of this phase flyers should have a perfect heel stretch on both sides and both bases and flyers should have the splits on both sides, and have a flexible straddle sit.

ABOUT WEIGHT TRAINING:

Phase 3 uses exercises that require using "medium to heavy" weights in order to build strength. Athletes will be introduced to all exercises before being asked to perform them. It is recommended that athletes use a spotter when attempting to lift heavier weights. It is also strongly recommended that athletes spend 1-2 weeks performing these exercises with "light to medium" weights to make sure their body is responding to the positions without causing joint or tendon pain.

CHOOSING WEIGHTS:

Once you have introduced your muscles to weight training using light to medium weights you may change to medium/heavier weights. Use your judgment and challenge yourself but do not lift weights that are "too heavy". A gradual increase of weight is the safest way to learn your bodies' response to weight training.

PHASE 3: "GAME SEASON" WORK OUT PLAN: Cheerleaders should print a copy to keep as part of their personal journal. Use the check sheet to mark off your accomplishments each day and note any questions, suggestions, issues at the end of the week.

MONTHS: SEPTEMBER - JANUARY

ATHLETES NAME: _____ **BUDDY:** _____ **WEEK OF:** _____

DAY 1

Activity	Repetitions	Sets/Frequency	Set 1	Set 2	Set 3	Other
Cardio: ex. Jog, Run, Elliptical, etc.	1 mile < 12 minutes	3-4x per week	N/A	N/A	N/A	
Squats (free weights or leg press)	10-15	3x				
Leg Extensions (Machine)	10-15	3x				
Calf Raises (Dumbbells or leg press)	25	3x				
Walking Lunges	25-30	3x				
Plyometrics	20	3x				
Hip Flexors	15 each leg & both	3x				
Abs – choice of 3-5 different exercises	30	3x				

NOTES _____

DAY 2

Activity	Repetitions	Sets/Frequency	Set 1	Set 2	Set 3	Other
Cardio: ex. Jog, Run, Elliptical, etc.	30 minutes	3-4x per week	N/A	N/A	N/A	
Bench Press	10-15	3x				
Overhead Press (free weights)	10-15	3x				
Triceps (free weights)	10-15	3x				
Front Raises (free weights)	10-15	3x				
Biceps (free weights)	10-15	3x				
Arm Circles (forward and back)	50 each way	3x				
Push Ups	30	3x				
Crunches, bicycles, v-ups, R/L planks	30, 30, 15, 30 seconds	3x				

NOTES _____

DAY 3

Activity	Repetitions	Sets/Frequency	Set 1	Set 2	Set 3	Other
Cardio: ex. Jog, Run, Elliptical, etc.	1 mile < 12 minutes	3-4x per week	N/A	N/A	N/A	
Squat and Overhead Press Combo	15	3x				
Calf Raise and Front Raise Combo	15	3x				
Lunges and Bicep Combo	15	3x				
Squat, Thrust, Push-up, Jump	15	1x				
Handstand Pushups (wall)	15	3x				
Push Ups	30	3x				
Crunches, bicycles, v-ups, R/L planks	30, 30, 15, 30 seconds	3x				

NOTES _____

